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Queen Elizabeth

*Coronation, May 12th, 1937*

# **COOK BOOK**

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And a thought for kith and kin,  
And then, as a prime ingredient,  
A plenty of work therein.

Flavor it all with the essence of love  
And a little dash of play.  
Let a nice old book and a glance above  
Complete a well spent day.



# Index to Recipes

## BREAD AND ROLLS—

Banana Bread .....	7
Orange Nut Bread .....	9
Rolled Oats Bread .....	7
Sweet Buns .....	7
Tea Biscuits with Variations.....	8

## SANDWICHES—

Almond and Olive Spread.....	11
Asparagus Shrimp Rolls.....	9
Pin Wheel Sandwiches .....	11
Sandwich Filling .....	9
Sandwich Spread .....	9

## CAKES—

Apple-sauce Cake .....	17
Araby Spice Cake .....	13
Boiled Angel Cake .....	11
Bride's Cake .....	15
Chocolate Cake .....	13
Chocolate Cake .....	16
Dutch Gingerbread .....	15
Featherweight Cake .....	16
Fruit Cake .....	17
Gingerbread .....	11
Orange Sponge Cake.....	12
Orange and Raisin Cake .....	16
Pineapple Fruit Cake .....	12
Prune Cake .....	12
Pineapple Feather Cake .....	16
Quick Cake .....	12
Quick Chocolate Cake .....	15
Sponge Cake .....	15
Sultana Cake .....	17
Walnut Cake .....	13

## SMALL CAKES AND COOKIES—

Almond Cookies .....	24
Almond Squares .....	24
Apple Cheese Cakes .....	21
Burnt Sugar Cookies .....	20
Butter Cookies .....	21
Cheese Moons .....	25
Doughnuts .....	23
Fruit Balls .....	19
Fruit Balls .....	20



Fruit Cookies .....	23
Jam Tarts .....	19
Lemon Strip .....	24
Macaroon Tarts .....	21
Marmalade Cheese Cakes .....	19
Mushrooms .....	24
Novel Layer Cookies .....	19
Nut Smacks .....	21
Parisian Dainties .....	23
Peanut Cookies .....	25
Pineapple Fingers .....	20
Porcupines .....	23
Ragged Robins .....	20
Soft Molasses Cookies .....	21

#### PUDDINGS AND DESSERTS—

Angel Charlotte Russe .....	29
Brazil Nut Marshmallow Cream.....	28
Bread and Butter Pudding .....	27
Gem Snow Pudding .....	25
Lemon Souffle Pudding .....	28
Maple Nut Pudding .....	27
Maple Rice .....	29
Mountain Dew Pudding .....	25
Orange Pudding .....	28
Plum Pudding .....	28
Poached Eggs on Toast .....	29
Steamed Date Pudding .....	27
Steamed Pudding .....	29
Tapioca Butterscotch Pudding .....	27
Thirty-minute Pudding .....	27

#### PIES—

Banana Pie .....	31
Blueberry Pie .....	31
Chiffon Lemon Pie .....	33
Lemon Pie Filling .....	31
Raisin Pie .....	33
Rhubarb Pie .....	31
Sour Cream Pie .....	31

#### SALADS—

Cabbage and Carrot Salad .....	34
Carrot Pineapple Salad .....	33
Cranberry Salad .....	33
Pineapple Cream Whip .....	34
Salad .....	33
Salad .....	34
Salad Dressing for Fruit Salad.....	34

## SUPPER DISHES—

Casserole of Salmon with Noodles.....	35
Cauliflower Au Gratin .....	39
Cheese Rolls .....	37
Elbow Macaroni with Hamburger Steak.....	39
Lima Bean Scallop .....	35
Potato Puffs .....	37
Royal Scallop .....	35
Scotch Eggs .....	37
Spanish Rice .....	37
Stuffed Meat Loaf .....	39
Tuna Fish with Cheese Rolls.....	37
Vegetable Loaf .....	39

## JAMS, JELLIES AND CANNING—

Apricot Jam .....	41
Grapefruit Marmalade .....	43
Grape Juice .....	40
Harlequin Preserve .....	41
Lemonade Syrup .....	40
Lemon Curd .....	43
Mint Jelly .....	40
Peach Conserve .....	41
Pear Marmalade .....	43
Rhubarb Marmalade .....	41
Tomato Jam .....	41
Tomato Soup .....	43

## PICKLES—

Cherry Olives .....	45
Cucumber Rings (14 day) .....	47
Fruit Pickle .....	45
Pepper Relish .....	45
Sweet Cucumber or Mixed Pickles.....	47
Winter Chili Sauce .....	45
Yellow Relish .....	47

## CANDY—

Butter Brickal .....	50
Butterscotch Toffee .....	49
Candy Temperatures .....	49
Cream Candy .....	49
Cream Toffee .....	49
Cocoanut Loaf .....	50
Italian Boston Cream .....	50
Mexican Orange .....	49

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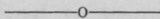
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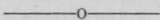
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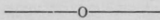
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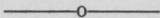
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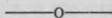
## BREAD AND ROLLS

### BANANA BREAD

- |                      |                          |
|----------------------|--------------------------|
| 1 tablespoon butter. | 1 teaspoon soda.         |
| 1 cup sugar.         | 2 cups flour.            |
| 2 beaten eggs.       | 4 tablespoons sour milk. |
| 3 mashed bananas.    |                          |

Method: Mix ingredients in order named and bake slowly one hour.

*Mrs. J. G. McGee.*

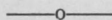


### ROLLED OATS BREAD

- |                        |                                 |
|------------------------|---------------------------------|
| 1½ cups rolled oats.   | 3 cups boiling water.           |
| ¾ cup molasses.        | 1 yeast cake dissolved in ¾ cup |
| 1½ tablespoons butter. | warm water.                     |
| 7½ cups flour.         | ¾ tablespoon salt               |
|                        | (or a little more).             |

Add boiling water to oats, let stand one hour; add molasses, salt, butter, dissolved yeast cake and flour; let rise, beat thoroughly, turn into buttered bread pans, let rise again and bake. Makes two loaves.

*Mrs. J. E. Munro.*



### SWEET BUNS

Sponge.

- 2 cups of warm water.  
1 yeast cake.  
1½ cups flour (beat well).

Make this sponge at noon and keep in warm place over night. Next morning add:

- |                       |                                 |
|-----------------------|---------------------------------|
| 1 cup sugar.          | 1 large teaspoon baking powder. |
| ½ cup lard.           | 1 cup warm water.               |
| 3 eggs (well beaten). | Salt.                           |
| 2 cups sponge.        |                                 |

Mix stiff as for bread in morning and punch down as it rises during the day. Make into small buns in the evening. Bake the next morning.

NOTE: Dough must be kept in a COOL not COLD place while rising.

*Mrs. R. S. Mowat.*

## TEA BISCUITS WITH VARIATIONS

## PLAIN

2 cups flour.	4 teaspoons baking powder.
$\frac{2}{3}$ cup milk.	$\frac{1}{2}$ teaspoon salt.
3 tablespoons shortening.	

## SOUR CREAM

2 cups flour.	$\frac{1}{2}$ teaspoon salt.
3 teaspoons baking powder.	1 tablespoon butter.
$\frac{1}{2}$ teaspoon soda.	$\frac{2}{3}$ cup sour cream.

## CHEESE

$1\frac{1}{2}$ tablespoons shortening.	$\frac{1}{2}$ cup grated cheese.
--	----------------------------------

## HONEY

Add 2 tablespoons honey to milk.

Sift together flour, baking powder, salt, cut in shortening, add milk and stir until just mixed. Turn out on floured board, knead 1 minute. Bake in oven at 425° F.

## FRUIT

Roll  $\frac{1}{4}$  inch thick and spread with  $\frac{1}{2}$  cup raisins, 1 teaspoon cinnamon, 2 tablespoons brown sugar.

Roll up. Slice like jelly roll.

## ORANGE

Dip a lump of sugar in orange juice. Place this and a little orange rind in the top of each biscuit before cooking — or place 1 teaspoon orange marmalade in each biscuit.

## EMERGENCY

Increase liquid approximately  $\frac{1}{8}$  and drop.

## BUTTERCUP TEA BISCUITS

2 cups flour.	$\frac{1}{2}$ cup shortening.
4 teaspoons baking powder.	$\frac{1}{2}$ cup milk and
$\frac{3}{4}$ teaspoon salt.	1 egg (well beaten).

Cut in tiny rounds, brush with milk.

## RICH BISCUIT DOUGH

Flavour with ginger and shaved maple sugar or lumpy brown sugar. Serve hot with butter, in chunks.

*Miss Edythe Souch.*



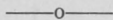
## ORANGE NUT BREAD

Cut rind of 3 oranges into very small pieces. Cover with water and boil until tender. Add  $\frac{1}{4}$  cup sugar and boil for five minutes. Let cool and add  $\frac{1}{2}$  cup walnut meats.

Mix 1 egg,  $\frac{3}{4}$  cup sugar, 3 tablespoons butter, mix well. Add  $\frac{3}{4}$  cup milk to rind mixture, then add 3 cups flour, 4 teaspoons baking powder,  $\frac{1}{2}$  teaspoon salt, sifted.

If batter is thick add a little more milk.

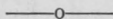
*Miss Irene Lapp.*



## SANDWICHES

## ASPARAGUS SHRIMP ROLLS

On thinly sliced buttered bread spread shrimps, which have been cleaned, mashed and mixed with dressing. On this place an asparagus tip which has been dipped in salad dressing. Roll. Chill.

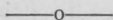


## SANDWICH FILLING

- |                                  |  |
|----------------------------------|--|
| 1 cup vinegar (scalded).         | 3 teaspoons mustard.                       |
| 4 eggs (beaten).                 | $\frac{1}{2}$ lb. butter.                  |
| 1 cup white sugar.               | 1 tablespoon flour.                        |
| Cook as for salad dressing.      |  |
| 1 small jar pimento.             | 1 small jar stuffed olives.                |
| $\frac{1}{4}$ lb. grated cheese. | $\frac{1}{4}$ bottle gherkins (small jar). |
| 2 green peppers.                 |  |

Chop all fine, mix together and mix with first mixture. Makes over 1 quart, and keeps for months.

*Mrs. G. A. Hoover.*



## SANDWICH SPREAD

- 14 medium sized onions.  
3 red and 3 green peppers.

Cut fine and sprinkle with  $\frac{3}{4}$  cup salt and let stand overnight (wash well to remove the salt).

Mix  $\frac{1}{2}$  lb. butter, 7 tablespoons flour, 1 teaspoon mustard, 1 teaspoon mustard seed, 1 teaspoon celery seed.

Add 1 quart weak vinegar,  $1\frac{3}{4}$  cups sugar, 4 well beaten eggs. Cook till thick and smooth, then add  $\frac{1}{2}$  cup sweet cream. Beat well, pour over the vegetables and seal.

*Mrs. A. J. Le Page.*

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## ALMOND AND OLIVE SPREAD

- $\frac{1}{2}$  cup finely chopped salted almonds.      2 tablespoons mayonnaise.  
1 teaspoon French dressing.  
 $\frac{1}{2}$  cup chopped stuffed olives.

Combine ingredients, spread between slices of bread.

—o—

## PIN WHEEL SANDWICHES

Trim crusts from loaf, slice lengthwise in  $\frac{1}{4}$  inch slices, spread  $\frac{1}{3}$  with creamed butter mixed with chopped pickle and mayonnaise, the next  $\frac{1}{3}$  with creamed butter mixed with creamed cheese, and the remaining  $\frac{1}{3}$  with creamed butter and chopped pimento. Roll seal edge with butter, wrap in waxed paper or damp cloth. Chill, slice crosswise.

—o—

## CAKES

## BOILED ANGEL CAKE

- $1\frac{1}{2}$  cups white sugar.       $\frac{1}{3}$  cup water.  
Boil till it threads.

Beat 6 egg whites stiff, not dry, add  $1\frac{1}{2}$  teaspoons cream of tartar. Add to sugar and beat till cool. Add 6 egg yolks beaten till thick and lemon color. Eggs must be not more than a few days old. Flavor with vanilla and add  $\frac{1}{4}$  cup Swansdown flour sifted 5 times and folded in. Bake 60 minutes in a tube pan in a slow oven.

*Mrs. S. W. Sprague.*

—o—

## GINGERBREAD

- |                           |                                |
|---------------------------|--------------------------------|
| $\frac{1}{2}$ cup butter. | $\frac{1}{2}$ cup raisins.     |
| $\frac{1}{2}$ cup sugar.  | $\frac{1}{2}$ teaspoon salt.   |
| 1 cup molasses.           | 1 teaspoon ginger.             |
| 1 cup boiling water.      | 1 teaspoon cinnamon.           |
| 3 cups flour.             | $\frac{1}{4}$ teaspoon cloves. |
| 1 teaspoon baking powder. | 2 eggs.                        |
| 1 teaspoon baking soda.   |                                |

Cream the butter and add sugar, creaming them together. Add molasses and water, mix thoroughly. Sift remaining dry ingredients and add gradually to the first mixture, stirring constantly, beat well. Add beaten eggs and raisins. Bake in a shallow greased pan 30 to 35 minutes in a moderate oven.

*Miss Laurena Mennear.*



• QUICK CAKE

1 cup sifted Swansdown flour.  $\frac{3}{4}$  cup sugar.  
 1 teaspoon baking powder.  
 Sift all together in a bowl.  
 $\frac{1}{4}$  cup melted butter. Add 2 eggs to cup and fill cup with milk.

Add the above to the first mixture and beat for five minutes.  
 Add vanilla. Bake in moderate oven at 375° for 14 minutes, in two layers.

*Miss J. Andrews.*

—○—  
 PRUNE CAKE

$\frac{1}{2}$ cup butter.	$\frac{1}{4}$ teaspoon salt.
1 cup sugar.	2 cups flour (scant).
2 eggs.	1 teaspoon soda dissolved in
$\frac{1}{2}$ cup milk.	milk and prune juice.
$\frac{1}{2}$ cup prune juice.	1 teaspoon baking powder
$\frac{3}{4}$ cup prunes, chopped.	(heaping).
$\frac{1}{4}$ cup raisins.	1 $\frac{1}{2}$ teaspoons cinnamon.

Bake in layers and put together with filling.

1 tablespoon butter.	1 dessertspoon flour.
1 tablespoon sour cream.	1 teaspoon vanilla.
1 cup icing sugar.	

Blend flour and sugar well together with butter, add cream and vanilla and beat until creamy. Spread on cake.

*Mrs. F. H. Scarlett.*

—○—  
 PINEAPPLE FRUIT CAKE

$\frac{1}{2}$ lb. candied pineapple	1 teaspoon baking powder.
fingers.	$\frac{1}{2}$ lb. cherries.
$\frac{1}{2}$ lb. almonds.	1 cup cocoanut.
$\frac{1}{2}$ lb. citron peel.	1 cup orange juice.
1 cup sultanas.	1 $\frac{1}{2}$ cups sugar.
$\frac{1}{2}$ cup butter.	3 cups flour.
6 egg yolks.	

Shred pineapple, peel and cherries and soak overnight in orange juice, put a little almond flavoring in cake and bake in slow oven.

*Mrs. R. C. Black.*

—○—  
 ORANGE SPONGE CAKE

3 eggs.	2 tablespoons cold water.
1 cup sugar.	1 cup flour.
1 tablespoon orange juice.	1 teaspoon baking powder.
Rind of 1 orange.	

Method: Beat eggs separately, then put together and beat again, add sugar, orange juice, rind, water and flour sifted with baking powder. Bake in two layers in moderate oven.

*Mrs. G. C. Nimmo.*

## WALNUT CAKE

- |                                 |                              |
|---------------------------------|------------------------------|
| 6 oz. butter.                   | 3 large eggs.                |
| 6 oz. sugar.                    | $\frac{1}{2}$ teaspoon mace. |
| 6 oz. flour.                    | 1 teaspoon vanilla.          |
| 1 level teaspoon baking powder. |                              |

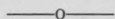
Sift flour with baking powder and mace, cream butter and sugar, add well beaten eggs with flour alternately, adding vanilla flavouring last of all. Put in two small layer cake pans and bake in moderate oven 15 to 20 minutes.

## MIXTURE FOR FILLING

- 2 oz. butter, 2 oz. finely chopped walnuts, 2 oz. sugar.

Spread one cake with raspberry jam then spread filling on top of that and place other cake on top. Cover with ordinary white icing and decorate with angelica and half walnuts.

*Miss E. Pollitt.*



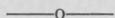
## ARABY SPICE CAKE

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| $\frac{3}{4}$ cup butter.             | $1\frac{1}{2}$ cups sugar.            |
| 3 eggs.                               | $\frac{3}{4}$ cup sour milk.          |
| 2 cups flour.                         | $\frac{3}{4}$ teaspoon baking soda.   |
| $\frac{3}{4}$ teaspoon baking powder. | $\frac{3}{4}$ teaspoon nutmeg.        |
| 1 teaspoon cinnamon.                  | 2 tablespoons cocoa.                  |
| 1 teaspoon vanilla.                   | $\frac{1}{2}$ teaspoon lemon extract. |
| 1 cup chopped walnuts.                |                                       |

Cream shortening, gradually add the sugar, add beaten egg yolks and the sifted dry ingredients alternately with the milk. Add the flavoring and nuts. Fold in the beaten egg whites.

Bake in a moderate oven. Ice with boiled icing.

*Miss Frances Gordon.*



## CHOCOLATE CAKE

- |                                     |                              |
|-------------------------------------|------------------------------|
| $\frac{2}{3}$ cup Crisco or butter. | $1\frac{1}{2}$ cups sugar.   |
| 3 eggs.                             | 1 cup thick sour milk.       |
| $\frac{1}{2}$ teaspoon soda.        | 1 teaspoon vanilla.          |
| $\frac{2}{3}$ cup cocoa.            | $\frac{1}{2}$ cup hot water. |
| 2 cups flour.                       | 2 teaspoons baking powder.   |
| 1 teaspoon salt.                    |                              |

Blend Crisco, sugar and eggs thoroughly in one operation. Beat cocoa in hot water until smooth and add to first mixture. Then add milk, beaten with soda, salt and baking powder which have been sifted together.

ICING: Cook  $1\frac{3}{4}$  cups granulated sugar and  $\frac{1}{2}$  teaspoon salt with half cup of water until syrup forms a soft ball in cold water. Pour slowly over 3 egg whites beaten stiff, beating mixture as you do so. While icing is still hot fold in 12 marshmallows which have been cut in pieces. Beat until of a consistency to spread.

*Mrs. A. W. Cann.*

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## QUICK CHOCOLATE CAKE

3 tablespoons soft butter. 1½ sq. Baker's Chocolate (melted).  
 Sift 3 times:  
 1-1/3 cups Swansdown flour. 1 teaspoon baking powder.  
 1 cup sugar. ½ teaspoon salt.

Break 1 egg into measuring cup, fill cup with sweet milk to which has been added ½ teaspoon baking soda.

Beat all together in large bowl with Dover egg beater until light and fluffy. Put in buttered square cake tin.

Bake 25 minutes in moderate oven.

*Mrs. H. C. Dixon.*

## DUTCH GINGERBREAD

¼ cup butter.	2 teaspoons ground Ginger.
½ cup brown sugar.	1 teaspoon Cassia.
1 egg.	Pinch of Salt.
½ cup Roger's Syrup.	2 teaspoons baking powder.
½ cup milk.	½ cup sliced candied Ginger.
1¾ cups flour.	

Sift flour, ginger, cassia, baking powder and salt together; then mix with creamed butter, sugar, syrup and well beaten egg.

Bake in loaf pan in moderate oven from 30 to 45 minutes.

Try this sliced as sandwich filler.

*Mrs. Geo. Fisher*

## BRIDE'S CAKE

10 ozs. of flour.	½ lb. citron peel.
½ lb. butter.	¼ lb. chopped or ground
½ lb. sugar.	almonds.
6 large eggs.	1 teaspoon baking powder.
1½ lbs. currants.	1 teaspoon mixed spices.
½ lb. sultanas.	

Cream butter and sugar, add well beaten eggs, then sift in the flour and baking powder and beat well. Lastly add cleaned fruit, nuts, spices. Put in a well greased and papered tin, and bake about 4 hours in a slow oven.

*Mrs. W. Riley.*

## SPONGE CAKE

5 eggs.	1 teaspoon cream of tartar.
1 cup sugar.	1 teaspoon vanilla.
5 tablespoons cold water.	½ teaspoon salt.
1 cup flour.	

Beat egg yolks, water and sugar for ten minutes. Sift flour and salt and add to egg mixture, add vanilla, add cream of tartar to egg whites and beat stiff. Fold into mixture and bake one hour in a moderate oven.

*Mrs. J. G. McGee.*

## PINEAPPLE FEATHER CAKE

- |                                 |                               |
|---------------------------------|-------------------------------|
| 2½ cups sifted Swansdown flour. | 4 eggs yolks, well beaten.    |
| 2½ teaspoons baking powder.     | ½ cup water.                  |
| ¾ cup butter (scant).           | 1 teaspoon vanilla.           |
| 1½ cups sugar.                  | ½ teaspoon lemon extract.     |
|                                 | 4 egg whites, stiffly beaten. |

Bake in two greased layer tins in moderate oven. Put together with pineapple filling and cover top with pineapple frosting, or plain seven-minute icing.

*Mrs. O. Sibley.*

## FEATHERWEIGHT CAKE

- |   |                        |
|---|------------------------|
| 1 cup fine sugar.                         | ½ cup milk.            |
| 3 eggs.                                   | Butter size of an egg. |
| 1 cup flour (half bread and half pastry). | 1 teaspoon vanilla.    |
| 1½ teaspoons baking powder. (level).      | Pinch of salt.         |

Beat sugar and eggs together with Dover beater until very light and fluffy. Add flour, baking powder and salt, that have been sifted together 3 times. Last beat in milk and butter, which have been heated together to boiling point. Add vanilla. Bake in oven 300° F.

*Mrs. R. Lewin.*

## ORANGE AND RAISIN CAKE

- |   |                          |                 |
|---|--------------------------|-----------------|
| 1 cup raisins.                              | ½ cup walnuts.           | Rind of orange. |
| Put these three ingredients through mincer. |                          |                 |
| Cream ½ cup butter, add gradually:          |                          |                 |
| 1 scant cup sugar.                          | 1 teaspoon soda (scant). |                 |
| 1 well beaten egg.                          | ½ teaspoon salt.         |                 |
| 2 cups flour.                               | 2/3 cup warm water.      |                 |

Method: Add water, then flour, salt and soda sifted together three times, to the creamed mixture. Lastly add fruit and nuts. Beat well and bake in moderate oven 40 to 45 minutes.

*Mrs. E. L. Milne.*

## CHOCOLATE CAKE

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| 1 cup of brown sugar.              | 1½ cups flour sifted three times with |
| ¾ cup butter, creamed, add         | 2 tablespoonfuls of Cocoa.            |
| 2 eggs, beat well.                 | ½ teaspoon salt.                      |
| 2 tablespoonfuls Domolco molasses. | 1 teaspoon baking soda dissolved in   |
| 1 teaspoon vanilla extract.        | ¾ cup boiling water added last.       |
| ½ cup sour cream.                  |                                       |
| Bake in slow oven.                 |                                       |

*Mrs. T. W. Knight.*

## SULTANA CAKE

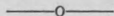
- |                                       |                            |
|---------------------------------------|----------------------------|
| $\frac{1}{2}$ lb. butter.             | 5 eggs. beaten separately. |
| $\frac{1}{2}$ lb. sugar.              | 1 teaspoon baking powder.  |
| $\frac{1}{2}$ lb. sultana raisins.    | $\frac{3}{4}$ lb. flour.   |
| $\frac{1}{2}$ cup blanched almonds or | Grated rind of 1 lemon.    |
| $\frac{1}{2}$ lb. cherries or both.   |                            |

Cream butter and sugar, add beaten yolks of eggs. Beat again, add flour and baking powder sifted together twice. Add fruit and nuts and whites of eggs beaten stiff.

Bake slowly 30 to 40 minutes.

This will keep a long time and is handy to have on hand for a busy day.

*Mrs. Thos. E. Mills.*



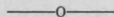
## FRUIT CAKE

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| 3 lbs. bleached sultana raisins.     | 2 cups brown sugar.                   |
| 2 lbs. washed currants.              | 3 cups butter ( $1\frac{1}{2}$ lbs.). |
| $\frac{1}{2}$ lb. each of lemon, and | 12 eggs.                              |
| orange peel.                         | 2 cups of orange juice.               |
| 1 lb. citron.                        | 6 cups flour.                         |
| 1 lb. glazed cherries.               | 2 level teaspoons baking powder.      |
| 1 lb. candied pineapple.             | 2 tablespoons vanilla.                |
| 1 lb. blanched almonds.              |                                       |

Method: Prepare fruit, with exception of nuts at night, and pour orange juice over all, mixing well. In morning, cream butter until white, add eggs one at a time, beating well after each addition, flour fruit well, add salt (1 teaspoonful) and the baking powder to remainder of the flour, add creamed mixture to the fruit, continue adding flour until all is absorbed.

Grease pans and line with heavy white paper. Bake  $4\frac{1}{2}$  hours in slow oven.

*Mrs. W. J. Devlin.*



## APPLE-SAUCE CAKE

- $1\frac{1}{2}$  cups sweetened applesauce.  $\frac{1}{2}$  cup butter.  
1 cup sugar.

Dissolve  $1\frac{1}{2}$  teaspoons soda in one tablespoon hot water. Add to above.

- |                                       |                                 |
|---------------------------------------|---------------------------------|
| 2 cups flour.                         | 1 cup seedless raisins.         |
| $\frac{1}{2}$ teaspoon baking powder. | 1 teaspoon cinnamon and cloves. |

Bake in loaf one hour at  $350^{\circ}\text{F}$ .

*Mrs. S. F. McEwen.*

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# SMALL CAKES & COOKIES

## NOVEL LAYER COOKIES

### FIRST LAYER:

- |                                 |                              |
|---------------------------------|------------------------------|
| $\frac{1}{2}$ cup Crisco.       | 2 tablespoons milk.          |
| 3 eggs, well beaten.            | 1 cup white sugar.           |
| Save out one white.             | $\frac{1}{2}$ teaspoon salt. |
| $\frac{1}{2}$ teaspoon vanilla. | 2 teaspoons baking powder.   |
| 2 cups flour.                   |                              |

### TOP LAYER:

- |                          |                                    |
|--------------------------|------------------------------------|
| 1 egg white.             | $\frac{1}{2}$ teaspoon vanilla.    |
| 1 cup light brown sugar. | $\frac{3}{4}$ cup chopped walnuts. |

Beat egg, fold in sugar, add vanilla. Spread over first layer. Sprinkle walnuts over and bake in a moderate oven so as not to burn the icing part. Cut in squares when warm and remove from pan when cooled.

*Mrs. G. H. Davison.*

## FRUIT BALLS

- |   |                      |
|---|----------------------|
| 20 marshmallows, cut small.             | 1 cup chopped dates. |
| $\frac{2}{3}$ small can condensed milk. | 1 cup cocoanut.      |
| 1 cup chopped walnuts.                  |                      |

Mix with fork and add 1 cup of rolled graham wafers. Form in balls, and roll in wafer crumbs. Do not bake.

*Mrs. E. L. Milne.*

## JAM TARTS

- |                              |                         |
|------------------------------|-------------------------|
| 2 cups flour.                | 1 cup shortening.       |
| 3 teaspoons baking powder.   | 1 egg.                  |
| 2 tablespoons sugar.         | 1 teaspoon vanilla.     |
| $\frac{1}{4}$ teaspoon salt. | $\frac{1}{2}$ cup milk. |

Sift dry ingredients together, rub in shortening as for pastry. Add combined wet ingredients and mix well. Roll out like pie crust and cut in circles 3 inches in diameter. Line small deep gem tins with these rounds, put a dab of jelly or jam in the centre and bake in a moderate oven until a delicate brown. When cool, serve with a dab of whipped cream. This makes about 4 dozen tarts.

*Mrs. J. W. Bainbridge.*

## MARMALADE CHEESE CAKES

- |                                |                                  |
|--------------------------------|----------------------------------|
| $\frac{1}{4}$ lb. cream cheese | $\frac{1}{4}$ lb. butter.        |
| (small package).               | $\frac{1}{4}$ lb. flour (1 cup). |

Rub butter and cheese together, add to flour and roll out fairly thin. Cut with cookie cutter. Put dab of marmalade in centre and fold part of cookie over it. Bake.

*Mrs. W. M. Goode.*



## RAGGED ROBINS

Whites of 2 eggs (well beaten).  
 $\frac{1}{2}$  cup granulated sugar, beaten into eggs.  
 3 drops vanilla.

Beat this together until very stiff. Add  
 1 cup walnuts, chopped. 1 cup dates, chopped.

Mix well. Then stir in 2 cups of cornflakes last, but do not beat. Drop in teaspoonfuls on buttered pan and bake in slow oven until lightly browned.

*Miss H. T. Morrison.*

## FRUIT BALLS

1 cup dates. 1 cup walnuts. 1 cup fine cocoanut. Put through the chopper.

$\frac{3}{4}$  cup white sugar. 2 teaspoons vanilla.  
 2 teaspoons baking powder. 2 eggs, well beaten.

Mix thoroughly and spread on cake tin 9x9. Bake 25 minutes at 350°.

While hot take up a spoonful at a time and roll between palms, toss into fine sugar.

*Mrs. R. E. Keating.*

## PINEAPPLE FINGERS

$1\frac{1}{2}$  cups flour. 1 teaspoon baking powder.  
 $\frac{1}{2}$  teaspoon salt. 2 tablespoons shortening.  
 1 teaspoon sugar. 1 egg.

Enough milk to mix like biscuits. Roll out thin to cover tin leaving a little around the sides of tin.

Spread this with pineapple marmalade, mix 2 cups cocoanut, 1 cup brown sugar, butter size of egg, 1 egg, pinch of salt. Spread this over pineapple. Bake in moderate oven until it leaves the side of dish.

*Mrs. H. T. W. Forster.*

## BURNT SUGAR COOKIES

1 egg.  $\frac{1}{2}$  cup burnt sugar syrup.  
 1 cup butter or shortening. 1 teaspoon vanilla.  
 1 cup white sugar. Salt.  
 1 teaspoon baking powder. Flour to roll stiff, about four  
 1 teaspoon soda, dissolved cups.  
     in 1 tablespoon water.

Chill overnight and slice. Bake in hot oven.

*Mrs. G. C. Church.*

## BUTTER COOKIES

$\frac{1}{2}$ cup white sugar.	2 cups flour.
$\frac{1}{2}$ cup brown sugar.	1 teaspoon baking soda.
1 cup butter.	2 teaspoons cream of tartar.
1 teaspoon milk.	1 teaspoon vanilla.

*Mrs. Arthus Colter.*

## NUT SMACKS

$\frac{1}{3}$ cup butter.	$\frac{2}{3}$ cup of flour.
$\frac{1}{3}$ cup brown sugar.	1 teaspoon baking powder.
2 egg yolks.	1 teaspoon vanilla.
Pinch of salt.	

Mix all together and spread into square tin. Beat 2 egg whites with 1 cup of brown sugar and 1 cup chopped walnuts. Spread on first mixture and bake 20 minutes in a moderate oven.

*Mrs. A. P. Burns.*

## SOFT MOLASSES COOKIES

$1\frac{1}{4}$ cups sugar.	$3\frac{1}{2}$ teaspoons soda.
$1\frac{1}{4}$ cups molasses.	$2\frac{1}{4}$ teaspoons salt.
$2\frac{1}{4}$ cups shortening.	4 teaspoons ginger.
$1\frac{1}{8}$ cups sour milk.	2 teaspoons cinnamon.

Flour to roll.

Heat the molasses, melt the sugar and shortening in it, and cool. Add the sour milk and 4 cups of flour sifted with soda, salt and spices, then enough flour to roll as soft as can be handled. Chill for an hour or so, roll, cut and bake in a moderate oven. The cookies are crisp when fresh.

This makes a large quantity.

*Mrs. E. S. Butler.*

## MACAROON TARTS

Beat 2 eggs and stir into them 2 cups dessicated cocoanut mixed well with 1 cupful fine sugar. Line some patty tins with short pastry and put a teaspoonful of raspberry jam in each, and then a dessertspoonful of the cocoanut mixture. Put two strips of pastry crosswise on top and bake in oven until they are slightly browned. A little butter may be added.

*Mrs. Lambie.*

## APPLE CHEESE CAKES

Peel some apples and grate them to the core. Take equal quantities of apples, fine sugar and butter, flavour with lemon rind.

Melt butter, then add other ingredients well mixed. Allow 1 egg for each  $\frac{1}{4}$  lb. of pulp. Line tins with pastry and half fill with the mixture and bake.

*Mrs. M. MacArthur.*

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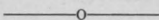
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## PARISIAN DAINTIES

- |                |                                     |
|----------------|-------------------------------------|
| 1 cup dates.   | $\frac{1}{2}$ cup candied cherries. |
| 1 cup raisins. | $\frac{1}{2}$ cup candied peel.     |
| 1 cup nuts.    |                                     |

Put all these ingredients through the food chopper. If the mixture is a little stiff, moisten with honey. Knead well and form into small balls.

*Mrs. Fred Grant.*

## DOUGHNUTS

- |                              |                                    |
|------------------------------|------------------------------------|
| 1 cup sugar.                 | 1 cup sour cream.                  |
| 1 dessertspoon of Crisco.    | 1 teaspoon soda (in milk).         |
| 2 egg yolks.                 | 4 cups flour.                      |
| $\frac{3}{4}$ teaspoon salt. | 2 heaping teaspoons baking powder. |
| A little nutmeg.             | 2 egg whites, beaten light.        |
| 1 cup sour milk.             |                                    |

Cream sugar and shortening, add egg yolks. Sift flour, salt, baking powder and nutmeg several times. Add alternately milk to which the soda has been added, and half the flour. Then fold in the beaten whites of eggs and the rest of flour, or more to make a soft dough. Roll about  $\frac{1}{4}$  inch thick. Cut out and fry in deep fat, hot enough to brown a piece of bread in 60 seconds. Drain on brown paper and sprinkle with fruit sugar.

*Mrs. Arthus Colter.*

## FRUIT COOKIES

1 cup butter, creamed well. Add 1 cup white sugar gradually. Beat 2 eggs with beater, add to first part and beat well.

- |                                 |   |
|---------------------------------|---|
| Sift $1\frac{1}{2}$ cups flour. | $1\frac{1}{2}$ teaspoons cream of tartar. |
| 1 teaspoon soda.                | $\frac{1}{4}$ teaspoon salt.              |
| Add 1 cup rolled oats.          | $\frac{1}{2}$ cup mixed peel.             |
| 1 cup chopped walnuts.          |   |

Mix all well, drop on greased cookie sheet. Bake in moderate oven until light brown.

*Mrs. M. L. Moore.*

## PORCUPINES

- |                                 |                    |
|---------------------------------|--------------------|
| 1 cup dates.                    | 1 cup sugar.       |
| 1 cup walnuts.                  | 2 eggs.            |
| 1 tablespoon butter.            | Shredded cocoanut. |
| $\frac{1}{2}$ teaspoon vanilla. |                    |

Cream butter, add sugar and eggs, well beaten. Cut dates and walnuts in small pieces and add, with the vanilla, to the other ingredients. Take enough of the mixture to make a small macaroon (about 1 teaspoonful) and drop on shredded cocoanut, forming a small ball. Place on a greased cookie sheet and bake in a medium oven until a delicate brown.

*Miss Frances Gordon.*

## LEMON STRIP

- |   |  |
|---|--|
| 1 cup of flour.                         | $\frac{1}{2}$ cup brown sugar.           |
| $\frac{1}{8}$ teaspoon baking powder.   | $\frac{1}{2}$ cup butter, pinch of salt. |
| $\frac{1}{4}$ teaspoon cream of tartar. | 1 egg. 1 tablespoon cold water.          |

Roll thin and line pan, size 8x12.

## SECOND PART

- |                                     |                               |
|-------------------------------------|-------------------------------|
| 1 lemon, rind and juice.            | 1 tablespoon butter.          |
| $\frac{1}{2}$ cup of sugar or more. | 2 eggs beaten, a little salt. |

Cook until thick in a double boiler and spread on above.

## TOP WITH

- |                       |                      |
|-----------------------|----------------------|
| 1 cup of white sugar. | 1 cup of cocoanut.   |
| 1 egg.                | 1 tablespoon butter. |

Mix and spread on top and bake in a slow oven until brown.

1 cup of raspberry jam can be used for second part.

*Mrs. S. E. Jones.*

## MUSHROOMS

Whites of 2 eggs beaten stiff, 1 cup ground almonds un-blanchd (use meat chopper to grind),  $\frac{3}{4}$  cup white sugar.

Beat sugar and stiff eggs together. Divide mixture in half. To one half portion add the ground almonds. Mould into balls and drop on buttered tin.

Take the other half of mixture and drop on top of the balls. The result will be a mixture spread out and looking like mushrooms.

*Mrs. G. E. Montgomery.*

## ALMOND COOKIES

- |                                |   |
|--------------------------------|---|
| $\frac{1}{2}$ cup white sugar. | 1 $\frac{1}{2}$ teaspoons almond flavoring. |
| $\frac{1}{2}$ cup brown sugar. | 2 teaspoons cream of tartar.                |
| $\frac{1}{2}$ cup lard.        | 1 teaspoon baking soda.                     |
| $\frac{1}{2}$ cup butter.      | 2 tablespoons cold water.                   |
| 2 $\frac{1}{2}$ cups flour.    | 1 egg.                                      |

Roll into small balls in hand; put on to cookie sheet, press, put half an almond in centres.

*Mrs. W. Hall.*

## ALMOND SQUARES

- |                              |                  |
|------------------------------|------------------|
| 2 cups flour.                | 1 egg.           |
| 1 cup butter.                | Lemon flavoring. |
| $\frac{1}{4}$ lb. bar sugar. | Chopped almonds. |

Rub butter into flour, add sugar, add well beaten egg and flavoring. Spread half in bottom of pan and spread with jam or pineapple marmalade, cover with remainder of first mixture. Brush with egg and sprinkle with almonds.

*Mrs. A. P. Burns.*



## PEANUT COOKIES

- |                                  |                         |
|----------------------------------|-------------------------|
| $\frac{1}{2}$ cup peanut butter. | 1 cup flour.            |
| $\frac{1}{2}$ cup brown sugar.   | 1 egg.                  |
| $\frac{1}{2}$ cup white sugar.   | 1 teaspoon baking soda. |
| $\frac{1}{2}$ cup butter.        |                         |

Add soda to flour, a little salt. Take a small piece of dough, roll in hand, put on cookie sheet, press flat with a fork. Bake.

*Mrs. W. Hall.*

## CHEESE MOONS

- |                            |               |
|----------------------------|---------------|
| 2 cups flour.              | 1 cup butter. |
| 2 packages McLaren cheese. |               |

Mix like pie paste. Roll thin, cut with cookie cutter and put  $\frac{1}{2}$  teaspoon of jelly on each. Fold over and shape like half moon. Bake in a moderate oven.

*Mrs. Wm. Armstrong.*

## PUDDINGS AND DESSERTS

## MOUNTAIN DEW PUDDING

- |                                |                                 |
|--------------------------------|---------------------------------|
| 3 cups milk.                   | $\frac{1}{8}$ teaspoon salt.    |
| 3 egg yolks.                   | 6 graham wafers (rolled fine).  |
| $\frac{1}{4}$ cup brown sugar. | 1 teaspoon vanilla.             |
| 3 egg whites.                  | $\frac{1}{4}$ cup sugar.        |
| $\frac{1}{16}$ teaspoon salt.  | $\frac{1}{4}$ teaspoon vanilla. |

Add heated milk gradually to beaten yolks. Add salt, sugar, graham wafers, vanilla. Bake in pan of water in moderate oven 45 minutes. When half cooked add meringue.

*Mrs. B. F. Souch.*

## GEM SNOW PUDDING

- |               |                            |
|---------------|----------------------------|
| 1 cup sugar.  | 2 tablespoons corn starch. |
| 2 cups water. | Grated rind and juice of   |
|               | 1 lemon.                   |

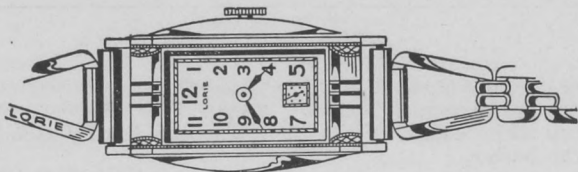
Cook until thick. Add beaten whites of two eggs (save the yolks for sauce.)

## SAUCE

- |                |                                 |
|----------------|---------------------------------|
| 2 egg yolks.   | $\frac{1}{4}$ cup sugar.        |
| 1 cup of milk. | $\frac{1}{2}$ teaspoon vanilla. |

Cook for few minutes, but don't let it boil. Serve cold.

*Mrs. G. S. Charlton.*



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## TAPIOCA BUTTERSCOTCH PUDDING

Soak over night,  $\frac{1}{3}$  cup large tapioca in 4 cups cold water. In the morning add 2 cups brown sugar, 1 teaspoon salt, 1 teaspoon vanilla. Cook in a moderate oven until clear. Serve cold with cream.

—○—  
*Mrs. Wm. Goode.*

## MAPLE NUT PUDDING

$1\frac{1}{2}$ cups brown sugar.	3 egg whites, beaten stiff.
2 cups boiling water.	$\frac{1}{2}$ cup chopped nuts.
$\frac{1}{4}$ cup cold water.	$\frac{1}{2}$ teaspoon salt.
$\frac{1}{3}$ cup cornstarch.	

Method: Add the sugar to the boiling water and cook until dissolved. Add cold water to the cornstarch and stir until it is dissolved also, then blend it slowly into the syrup stirring constantly so that it will not lump. Cook in the top of a double boiler until the mixture thickens and has no raw taste of the starch. Remove from fire and cool. Fold in beaten egg whites, salt and chopped nuts and turn into bowl. Serve with cream or custard sauce.

—○—  
*Mrs. D. Taylor.*

## THIRTY-MINUTE PUDDING

$\frac{1}{2}$ cup brown sugar.	1 cup raisins.
1 cup flour.	$\frac{1}{2}$ cup milk.
2 teaspoons baking powder.	A little salt.

Mix and spread in pan. Then make syrup of:

2 cups boiling water.	1 tablespoon butter.
1 cup brown sugar.	$\frac{1}{2}$ teaspoon nutmeg.

Pour this over the other and bake 25 minutes.

—○—  
*Mrs. F. J. O'Mara.*

## BREAD AND BUTTER PUDDING

Put pieces of well buttered stale bread in a deep well buttered dish, add a few seeded raisins, or chopped dates, sprinkle with a little sugar, add to this a rich custard of 3 eggs well beaten, 2 tablespoons white sugar, a pinch of salt, any kind of flavouring, and a little grated nutmeg, 2 cups sweet milk. Cover with a deep lid and bake half hour or until it is nicely done. Very delicious.

—○—  
*Mrs. E. S. Bomford.*

## STEAMED DATE PUDDING

2 eggs.	$\frac{1}{2}$ cup sugar.
2 tablespoons flour.	$\frac{1}{2}$ cup cooked dates.
$\frac{1}{2}$ teaspoon baking powder.	

Beat eggs till light, add flour, baking powder, and a pinch of salt. Fold in dates. Steam for one hour.

Serve with whipped cream.

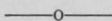
*Mrs. F. W. Gershaw.*

## LEMON SOUFFLE PUDDING

4 eggs.	4 tablespoons sugar.
Grated rind and juice of	2 tablespoons boiling water.
1 lemon.	

Separate the eggs and beat the yolks until smooth with 2 tablespoons of sugar. Add lemon rind, juice and water. Cook in double boiler until thick as cream. While still hot fold in the whites of the eggs, which have been beaten until stiff, with the remaining sugar. Cool. Serve in sherbet glasses accompanied by cakes or wafers.

*Mrs. H. Cryslor.*

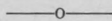


## BRAZIL NUT MARSHMALLOW CREAM

$\frac{1}{2}$ lb. marshmallows cut in $\frac{1}{8}$ s.	1 cup whipped cream.
$\frac{1}{2}$ cup diced pineapple.	6 whole nuts.
12 candied cherries, sliced.	6 whole cherries.
$\frac{3}{4}$ cup of sliced Brazil nuts.	Salt.

Whip cream and salt until very stiff, combine with fruit, pile into sherbet glasses, garnish with whole cherries and nuts, chill a couple of hours in refrigerator.

*Mrs. W. J. Devlin.*

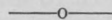


## PLUM PUDDING

1 cup bread crumbs.	1 cup figs.
1 cup suet.	1 cup sweet milk.
1 cup granulated sugar.	$\frac{1}{4}$ lb. mixed peel.
4 eggs.	$\frac{1}{2}$ cup of water with
1 cup raisins.	2 teaspoons rosewater added.
1 cup currants.	$\frac{1}{2}$ teaspoon mixed spices.

Scald the milk and pour over bread crumbs. Let cool. Beat the yolks of eggs well, add a pinch of salt and all the other ingredients. Add a teaspoon of soda to the beaten egg whites and fold in last. Steam five hours.

*Mrs. T. Loudon.*



## ORANGE PUDDING

Juice and rind of 1 orange.	1 cup sugar.
1 cup water.	1 tablespoon butter.
1 tablespoon lemon juice.	

Put in pudding dish and make a batter of:

$\frac{1}{2}$ cup sugar.	1 egg.
3 tablespoons milk.	1 teaspoon baking powder.
1 scant cup flour.	

Beat batter and drop by spoonfuls in liquid. Bake in a moderate oven. When ready to serve, turn upside down and add whipped cream.

*Mrs. G. A. Hoover.*

## MAPLE RICE

$\frac{1}{2}$  cup rice.      2 egg whites.      Salt.

Cook rice in 2 quarts of water. Drain and blanch. Fold in the stiffly beaten egg whites. Place in sherbet glasses and serve with:

## MAPLE SAUCE

$\frac{1}{2}$  cup whipped cream.       $\frac{3}{4}$  cup maple syrup.  
2 egg yolks.

Cook syrup and egg yolks till slightly thickened. Fold in whipped cream.

—o—  
*Mrs. Florence Colwell.*

## ANGEL CHARLOTTE RUSSE

1 tablespoon gelatine softened in  $\frac{1}{4}$  cup cold water; make a syrup of  $\frac{3}{4}$  cup sugar and  $\frac{1}{4}$  cup boiling water; dissolve gelatine in syrup, strain and chill until as thick as honey then beat until very frothy. Add 2 cups heavy cream, whipped,  $\frac{1}{2}$  tablespoon vanilla, 6 stale macaroons rolled to crumbs, 12 marshmallows, cut,  $1\frac{1}{2}$  tablespoons each, finely chopped red and green candied cherries,  $\frac{1}{2}$  cup slivered blanched almonds.

Turn into mould and chill until firm.

—o—  
*Mrs. Oliver Boyd.*

## STEAMED PUDDING

1 cup brown sugar.	1 teaspoon soda.
2 tablespoons butter.	1 teaspoon spice (mixed).
1 cup sour milk.	1 egg.
2 cups flour.	2 tablespoons molasses.
1 cup raisins.	Pinch of salt.
1 cup currants.	

Steam two hours and serve with caramel sauce.

—o—  
*Mrs. S. F. McEwen.*

## POACHED EGGS ON TOAST

Make Jelly Roll:

$\frac{3}{4}$ cup sifted Swansdown flour.	4 eggs.
$\frac{3}{4}$ teaspoon baking powder.	$\frac{3}{4}$ cup Berry sugar.
$\frac{1}{4}$ teaspoon salt.	1 teaspoon vanilla.

Sift flour once and measure. Combine baking powder, salt and eggs in a bowl. Place over bowl of hot water and beat with rotary beater, adding sugar gradually until mixture becomes thick and light colored. Remove bowl from hot water and fold in flour and vanilla. Turn into greased pan and bake in hot oven. Quickly cut off crisp edges of cake. Turn from pan at once on to a cloth or wax paper. Spread with jelly or jam and roll. When ready to serve, cut in slices and put on whipped cream and one apricot to make it look like an egg yolk.

*Mrs. Wm. Armstrong.*



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## PIES

### LEMON PIE FILLING

2 cups milk.	Pinch of salt.
1 lemon.	2 eggs, separated.
2/3 cup sugar.	1 heaping tablespoon icing
4 level tablespoons cornstarch.	sugar.

Scald milk in double boiler, adding to it grated rind of lemon. Mix sugar, cornstarch and salt in a bowl. Moisten with a little milk or water, add egg yolks, beat well and stir into hot milk. Stir until thickened. Remove from fire and beat in lemon juice.

Pour into baked shell, cover with meringue of stiff egg whites and icing sugar. Brown in a slow oven.

*Mrs. J. W. Bainbridge.*

---

### BLUEBERRY PIE

3 cups berries. Yolks of 2 eggs.  $\frac{3}{4}$  cup sugar.

Bake in bottom crust. Make meringue of two egg whites, 1 tablespoon cold water, 1 tablespoon sugar,  $\frac{1}{4}$  teaspoon baking powder. Brown in oven.

*Mrs. G. C. Nimmo.*

---

### SOUR CREAM PIE

Whites of 4 eggs beaten stiff. Add 1 cup of sugar and 1 cup thick sour cream. Pour into baked pie crust and bake until set.

*Mrs. J. G. McGee.*

---

### RHUBARB PIE

Pour boiling water over 2 cups of tender strawberry rhubarb, which has been cut fine, and let stand a few minutes. Drain well, then add one cup of sugar, one tablespoon of flour, one teaspoon vanilla, and the well-beaten yolks of two eggs. Bake with under crust only, and when rhubarb is well cooked, top the pie with a meringue made of the whites of the two eggs and two tablespoons of sugar. Return to the oven and brown.

*Mrs. D. Morrison.*

---

### BANANA PIE

2 ripe bananas mashed; add 1 cup sugar,  $\frac{1}{3}$  teaspoon salt, and 2 unbeaten egg whites; beat thoroughly until stiff; add  $\frac{1}{3}$  teaspoon almond extract and pour into baked pie shell.

Whip 1 cup cream add  $\frac{1}{2}$  teaspoon vanilla, and a little fine sugar. Spread over pie when it has cooled.

*Mrs. Oliver Boyd.*

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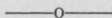
—○—  
Third St., Medicine Hat.

## RAISIN PIE

- |                                   |                            |
|-----------------------------------|----------------------------|
| $\frac{1}{2}$ cup seeded raisins. | 2 dessert spoonfuls flour, |
| $\frac{1}{2}$ cup sugar.          | mixed in sugar.            |
| 1 cup milk.                       | Pinch of salt.             |
| Yolks of 2 eggs.                  | 1 tablespoon butter.       |

Grind the raisins and mix with the other ingredients, adding the eggs last. Boil till thick. Pour into a baked crust, top with egg whites, beaten stiffly with 2 tablespoonfuls sugar and brown in oven.

*Mrs. J. M. Stevenson, Londonderry, Ireland.*

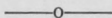


## CHIFFON LEMON PIE

- |                                |                          |
|--------------------------------|--------------------------|
| 3 egg yolks, well beaten.      | 1 lemon, juice and rind. |
| $\frac{1}{2}$ cup white sugar. |                          |

Cook in double boiler until thick. Beat egg whites. Add  $\frac{1}{4}$  cup sugar, mix and fold into first mixture. Put into cooked pie shell, 9 inches.

*Mrs. A. G. Finch.*



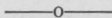
## SALADS

## CRANBERRY SALAD

- |                            |  |
|----------------------------|--|
| 1 pint cranberries.        | 1 package of calf's foot jelly             |
| 1 cup cold water.          | powder, or                                 |
| $1\frac{1}{2}$ cups sugar. | 1 envelope Knox gelatine.                  |
| 1 cup of diced celery.     | $\frac{1}{2}$ cup walnuts and some grapes. |

Cook cranberries with cold water for 20 minutes. Stir in sugar, cook until dissolved, then put in jelly powder and set aside to cool. When it begins to thicken add fruit and celery.

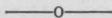
*Mrs. J. L. Trotman.*



## CARROT PINEAPPLE SALAD

Set lemon jelly, when nearly set add crushed or diced pineapple, a grated carrot and grated apple. Serve on lettuce leaf with boiled salad dressing and cheese balls.

*Mrs. W. A. Williams.*



## SALAD

Remove seeds from peppers. Parboil 1 minute then drain and chill.

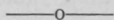
Mix 4 tablespoons cottage cheese with 4 tablespoons crushed pineapple,  $\frac{1}{2}$  teaspoon salt, dash of cayenne, 4 stuffed olives finely chopped, and  $\frac{1}{2}$  chopped pimento. Pack into peppers; chill and slice.

*Mrs. G. C. Nimmo.*

## SALAD DRESSING FOR FRUIT SALAD

Juice of 1 large can pineapple, put in sauce pan with 2 tablespoons of butter and heat slowly. Beat 2 eggs and add  $\frac{2}{3}$  cup of sugar and 1 good tablespoon flour; beat well. Pour this into hot juice and cook until thick. Then add 1 tablespoon of vinegar. When ready to serve stir in  $\frac{1}{2}$  pint of whipped cream.

*Miss Helene Taylor.*

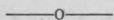


## SALAD

1 package lemon jelly.  $\frac{1}{2}$  cup shredded cabbage.  
 $\frac{1}{4}$  cup chopped green peppers. 1 tablespoon mayonnaise or  
 $\frac{1}{2}$  cup chopped cooked beets. cream dressing.  
 $\frac{1}{2}$  cup shredded raw carrots.

When lemon jelly has thickened slightly, add peppers, carrots, and beets. Then allow to set. Serve on lettuce with molded salad on a layer of shredded cabbage mixed with dressing. Garnish with strips of pimento, cheese balls, and salad dressing.

*Miss Laurena Mennear.*

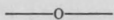


## PINEAPPLE CREAM WHIP

1 package of gelatine, soak in  $\frac{1}{2}$  cup of cold water for 5 minutes. Add  $\frac{1}{2}$  cup boiling water. Pour into this a tin of grated pineapple or 6 or 8 oranges, divided into small pieces, and 1 cup of sugar. Let it cool until it begins to jelly a little, then add  $\frac{1}{2}$  pint of whipped cream. Place in a mould and cool.

This serves 6 or 8 people. Use as a dessert or a fruit salad.

*Mrs. J. A. Claxton.*



## CABBAGE AND CARROT SALAD

1 small head cabbage.  $\frac{1}{2}$  cup raisins.  
4 medium sized carrots. Salad dressing.  
1 small onion.

Method: Chop the cabbage fine and put the carrots and the onion through food chopper. Mix these ingredients with the raisins which have been rinsed in boiling water. Season with salt and pepper and add enough salad dressing to bind the ingredients together.

*Mrs. D. Taylor.*



## SUPPER DISHES

### LIMA BEAN SCALLOP

Soak  $1\frac{1}{2}$  cups of lima beans 6 or 8 hours. Cook till tender, adding a chopped onion when almost done and  $\frac{1}{2}$  teaspoon salt. Drain and add 1 cup finely cut celery, 2 tablespoons chopped green peppers, 1 cup condensed tomato soup,  $\frac{1}{2}$  cup water or liquid drained from beans, 2 tablespoons melted butter,  $\frac{1}{8}$  teaspoon pepper, salt to taste.

Pour into greased casserole; sprinkle with buttered bread crumbs, arrange bacon slices on top and bake in a hot oven ( $400^{\circ}$ ) for about 30 minutes.

*Mrs. Chas. V. Gibson.*

---

### ROYAL SCALLOP

$1\frac{1}{2}$  cups chopped cooked ham. 1 cup soft bread crumbs.  
3 hard cooked eggs.  $1\frac{1}{2}$  cups white sauce.  
 $\frac{1}{2}$  teaspoon poultry seasoning. 3 tablespoons melted butter.

Method: Place half the crumbs in the bottom of a buttered baking dish and sprinkle with the melted butter, cover this with a layer of chopped ham and then a layer of eggs which have been sliced. Season with salt, pepper and poultry seasoning and add a few spoonfuls white sauce.

Repeat in layers until all the ingredients are used, finishing with the buttered crumbs. Pour remainder of white sauce over the contents of the baking dish and bake in a moderate oven about 30 to 40 minutes.

To make white sauce:

2 tablespoons butter.  $\frac{1}{2}$  teaspoon salt.  
2 tablespoons flour. 1 cup milk.

Melt the butter, blend in flour and add milk gradually, stirring all the time so that sauce will be smooth. Season with salt and pepper.

*Mrs. D. Taylor.*

---

### CASSEROLE OF SALMON WITH NOODLES

2 cups uncooked noodles. Salt and pepper.  
1 large can salmon. 2 cups thin white sauce.  
 $\frac{1}{4}$  cup chopped pimento. Buttered bread crumbs.  
 $1\frac{1}{2}$  cups canned peas, drained.

Prepare the white sauce, using 2 tablespoons butter and 2 tablespoons flour, 1 teaspoon salt, dash of pepper and 2 cups milk. Cook noodles until tender in salted water. Drain. Place a layer of noodles on the bottom of a buttered baking dish. Then cover with a layer of the salmon, pimento and peas. Season with salt and pepper. Repeat until ingredients are used. Pour over this the white sauce. Sprinkle the top with buttered crumbs and bake for 1 hour in a moderate oven.

Serve with a salad with sharp dressing and with corn bread.

*Mrs. G. A. Hoover.*

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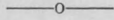
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## SPANISH RICE

- |   |                        |
|---|------------------------|
| $\frac{3}{4}$ to 1 cup rice (uncooked). | 1 cup water.           |
| 1 can tomatoes.                         | 1 onion, chopped fine. |
| 2 teaspoons salt.                       | Little cayenne pepper. |
| 3 tablespoons butter.                   |                        |

Bake slowly for 2 or 2½ hours.

*Mrs. O. Sibley.*

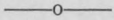


## POTATO PUFFS

- |                           |                     |
|---------------------------|---------------------|
| 1 cup mashed potatoes.    | 1 tablespoon flour. |
| 1 egg.                    | Salt.               |
| 1 teaspoon baking powder. |                     |

Mix all together and beat till fluffy. Drop from a teaspoon into hot Crisco. Serve at once.

*Mrs. E. S. Butler.*

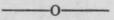


## SCOTCH EGGS

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 4 hard boiled eggs.               | $\frac{1}{2}$ lb. sausage meat. |
| Egg and bread crumbs for coating. |                                 |

Flatten the sausage meat into thin cake, flour the hands, wrap the egg in the meat and mould the egg in it. Egg and crumb, fry in hot fat for 5 or 6 minutes. Drain, cut in two lengthways and arrange in a dish with parsley or lettuce.

*Mrs. W. Riley.*



## TUNA FISH WITH CHEESE ROLLS

- |                              |                                 |
|------------------------------|---------------------------------|
| 2 slices onion.              | 3 cups milk.                    |
| 3 tablespoons butter.        | 1 large can tuna fish, drained. |
| 6 tablespoons flour.         | 1 tablespoon lemon juice.       |
| $\frac{1}{2}$ teaspoon salt. |                                 |

Melt butter, add onion, cook until soft, add flour, stir until well blended. Add salt, add milk slowly, stirring constantly until thick and smooth.

Bring to boil and boil 2 minutes, add remaining ingredients. Pour into baking dish and cover with cheese rolls.

## CHEESE ROLLS

- |                              |                                  |
|------------------------------|----------------------------------|
| 1½ cups flour.               | 3 tablespoons shortening.        |
| 3 teaspoons baking powder.   | $\frac{1}{2}$ cup milk, or       |
| $\frac{1}{2}$ teaspoon salt. | half milk and half water.        |
| Few grains Cayenne.          | $\frac{3}{4}$ cup grated cheese. |

Sift together first four ingredients, add shortening, mix in thoroughly with fork. Add liquid to make soft dough. Toss lightly on floured board until outside looks smooth. Roll out into sheet, sprinkle with cheese. Roll up like jelly roll, slice and bake in hot oven about 30 minutes.

*Mrs. Florence Colwell.*



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## CAULIFLOWER AU GRATIN

Remove green leaves and separate flowerlets. Cook in an uncovered saucepan, in boiling salted water for 15 minutes. Drain the cauliflower. Butter a deep dish; arrange flowerlets and sprinkle with grated cheese, salt and pepper. Dot with pieces of butter. Alternate the same way until the dish is filled in a sufficient quantity. Cover with grated cheese and let it brown in the oven.

A rich creamed sauce may be used on the cauliflower and baked, adding some grated cheese on top. Also a generous sprinkle of paprika.

—o—  
*Mrs. J. A. Claxton.*

## VEGETABLE LOAF

- |                              |                                   |
|------------------------------|-----------------------------------|
| 3 cups stale bread crumbs.   | 1 cup finely chopped nut meats.   |
| 2 cups milk.                 | 1 onion.                          |
| 3 tablespoons butter.        | 1 teaspoon salt.                  |
| 2 eggs.                      | $\frac{1}{2}$ teaspoon pepper.    |
| 1 cup finely chopped celery. | 4 tablespoons sifted tomato pulp. |
| 1 cup chopped carrots.       | 1 tablespoon capers (optional).   |

Let crumbs become dry after measuring them. Put into a large mixing bowl and pour over milk which has been scalded. Use as much milk as crumbs will absorb and add butter while mixture is hot. Stir until butter is melted, add well beaten eggs and remaining ingredients. Turn into a well oiled loaf pan and bake in a slow oven until firm. It will take about 1 hour. Unmould on to a hot platter and serve with tomato sauce mixed with grated cheese.

—o—  
*Mrs. Robt. Dunn.*

## ELBOW MACARONI WITH HAMBURGER STEAK

Let simmer together for 30 minutes  $\frac{1}{2}$  lb. hamburger steak, 1 can Campbell's tomato soup, 1 can tomatoes, and one onion cut fine, and salt to taste. Boil amount of macaroni you will need, in boiling salted water for 20 minutes and then drain. Pour cold water over and drain again.

Mix hamburger steak and mixture of tomatoes and onion with the macaroni; add piece of butter and seasoning and serve hot.

—o—  
*Mrs. J. H. Taylor.*

## STUFFED MEAT LOAF

- |   |                                |
|---|--------------------------------|
| 2 $\frac{1}{2}$ cups bread stuffing,<br>seasoned. | 3 tablespoons onion, chopped.  |
| 1 lb. minced round steak.                         | $\frac{1}{2}$ cup tomato soup. |
| $\frac{1}{2}$ lb. lean pork, minced.              | Salt and pepper.               |
|   | 8 strips of bacon.             |

Line a loaf pan with bacon strips. Combine soup and seasonings with minced meat. Make alternate layers of meat and dressing.

Bake at 425° F. for 35 to 45 minutes. Unmould. Serve either hot or cold.

*Mrs. J. H. Taylor.*

# JAMS, JELLIES and CANNING

## GRAPE JUICE

10 lbs. grapes; remove stems and wash. Add 2 quarts of water and boil until grapes burst, then strain as for jelly.

To the juice add 3 lbs. sugar; boil five minutes and seal while hot.

*Mrs. H. Lang.*

## LEMONADE SYRUP

8 large oranges.

9 lbs. sugar.

6 lemons.

4 quarts boiling water.

4 oz. citric acid (crystals).

Extract juice; put rind through grinder. To rind add acid, sugar and water; stir till dissolved. Let stand 24 hours, then strain. Add juice of fruit and bottle. This makes a very refreshing hot weather drink.

*Mrs. Laura Carr.*

## MINT JELLY

1½ cups water.

1 cup mint leaves.

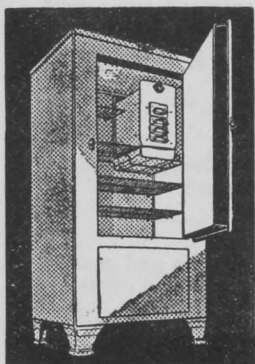
1 cup vinegar.

1 cup commercial pectin.

6½ cups sugar.

Measure vinegar, water and sugar into a large kettle. Mix and add mint leaves and enough coloring to give shade desired. Bring to a boil over hottest fire and at once add pectin, stirring constantly. Then bring again to a full rolling boil and boil hard for ½ minute. Remove from fire, lift out the mint. Let stand 1 minute, skim and pour quickly. Seal hot jelly at once with paraffin wax.

*Mrs. H. Cryslor.*



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## TOMATO JAM

5 lbs. ripe tomatoes.                      3 oranges.  
5 lbs. sugar.                                2 lemons.

Grind oranges and lemons. Peel and cut up tomatoes. Mix all together and cook until thick.

*Mrs. Laura Carr.*

## HARLEQUIN PRESERVE

1 doz. peaches.                              ½ lb. blanched almonds,  
1 doz. green plums.                        cut thin lengthwise.  
1 doz. large red plums.                    1 can shredded pineapple.  
1 lb. Tokay grapes.                        1 orange, use half the peel,  
   cut very fine.

Cut all fruits small, after removing seeds and pits (but do not put through the food chopper). Allow 2 cups white sugar to 3 cups of fruit, bring to boiling point and boil 5 minutes. Have jars ready and bottle.

*Mrs. T. W. Knight.*

## PEACH CONSERVE

4 lbs. ripe peaches, pared and cut in pieces.  
1 grated pineapple or 1 can crushed pineapple.  
1 orange, grated rind and pulp.  
1 lemon pulp and grated rind.  
½ lb. blanched almonds, chopped.  
½ lb. raisins (seeded).

Boil until soft. To each pint of fruit add 1 lb. sugar. Simmer till all is rich and smooth. Stir to prevent scorching. Seal hot.

*Miss M. Gordon.*

## APRICOT JAM

1 crate of fresh firm apricots. 2 large tins crushed pineapple.  
½ dozen oranges.                        ¾ lb. sugar to each lb. of fruit.

Put oranges through meat chopper, and boil with the juice of the pineapple and sugar, and one cup of water, until oranges are cooked, add pineapple and the apricots, which have been washed, pitted and halved. Cook one hour, being careful not to let settle in kettle, as it burns easily as it thickens.

*Mrs. W. J. Devlin.*

## RHUBARB MARMALADE

12 cups rhubarb (cut small), 6 oranges (squeeze and put on the rhubarb), 12 cups sugar.

Let stand over night. Cook 2½ hours.

*Mrs. A. G. Trotman.*

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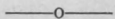
Fourth Ave. on the hill.

## LEMON CURD

$\frac{1}{2}$  lb. apples.  $1\frac{1}{2}$  lemons.  
2 eggs.  $\frac{1}{2}$  lb. sugar.  
2 oz. butter.

Stew the apples and rub through a sieve. Add sugar, eggs and the grated rind and juice of the lemons. Mix thoroughly. Melt the butter in a pan, add the mixture and stir over the fire for half an hour. Allow to cool before placing in jars.

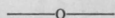
*Mrs. D. Morrison.*



## PEAR MARMALADE

5 lbs. of pears, 3 lbs. sugar, 2 lemons (boil tender also cut),  $\frac{1}{2}$  lb. of preserved ginger (cut fine). Cut pears and lemons fine. Add water to cover and cook 3 hours.

*Mrs. A. G. Trotman.*

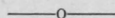


## GRAPEFRUIT MARMALADE

1 large grapefruit. 1 large lemon.

Slice thin; let stand over night in 1 quart water. Then add 5 lbs. white sugar. Boil  $1\frac{1}{2}$  hours.

*Mrs. A. G. Finch.*



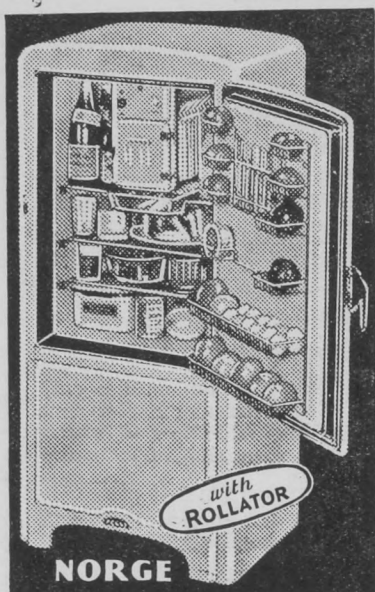
## TOMATO SOUP

1 peck of ripe tomatoes. 1 dozen onions.  
1 handful of parsley. 1 bunch of celery.  
6 whole cloves. 8 bay leaves.

Boil together and put through sieve, then add 1 cup of sugar,  $\frac{3}{4}$  cup flour mixed with cold water,  $\frac{1}{2}$  teaspoon red pepper,  $\frac{1}{2}$  cup butter,  $\frac{1}{3}$  cup of salt.

Boil together and seal hot.

*Mrs. R. C. Black.*



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## PICKLES

### PEPPER RELISH

- |                   |                   |
|-------------------|-------------------|
| 12 red peppers.   | 3 teaspoons salt. |
| 12 green peppers. | 3 cups vinegar.   |
| 12 onions.        | 6 cups sugar.     |
| All chopped fine. |                   |

Boil 15 minutes and put in air-tight containers.

*Mrs. A. J. LePage.*

---

### CHERRY OLIVES

Fill pint sealers with Bing cherries with stems on, and pour over them  $\frac{1}{2}$  cup white vinegar, 1 level dessertspoon salt and 2 heaping tablespoons or more of brown sugar to each pint.

Fill jars with cold water and seal. Turn jars over once a day for three days.

*Mrs. H. Lang.*

---

### FRUIT PICKLE

- |                   |                        |
|-------------------|------------------------|
| 15 ripe tomatoes. | 2 cups white sugar.    |
| 3 pears.          | 2 red (sweet) peppers. |
| 3 peaches.        | 1 tablespoon salt.     |
| 3 large onions.   | 1 pint vinegar.        |

Mixed spices, put in little bag.

Put onions through mincer, also red peppers, dice fruit. Cook all till tender, seal hot.

*Mrs. H. T. W. Forster.*

---

### WINTER CHILI SAUCE

- |                                     |  |
|-------------------------------------|--|
| 3 cans tomatoes.                    | $\frac{1}{2}$ cup ground celery.                       |
| 1 large onion.                      | 1 teaspoon cinnamon.                                   |
| 2 sour apples.                      | A dash of red pepper.                                  |
| Above two grated or ground.         | $\frac{1}{2}$ teaspoon each ginger, cloves and nutmeg. |
| 1 can pimentos or home              | 1 cup sugar.   |
| canned green or red peppers.        | 2 teaspoons salt.                                      |
| $\frac{1}{2}$ teaspoon celery seed. | 1 cup vinegar.   |

Strain the juice off the canned tomatoes and use as "tomato juice". Put the tomatoes, onion, apples and celery in a kettle, add sugar, spices etc. and cook  $\frac{1}{2}$  hour, then can. Handy to make in winter when pickle becomes scarce.

*Mrs. Thos. E. Mills.*

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## CUCUMBER RINGS (14 DAY)

Select and wash 75, 4 or 5 inch cucumbers, cut them into  $\frac{3}{4}$  inch rings, put into stone jar. Pour brine (2 cups salt, 1 gal. boiling water) over them and let them stand for a week, skimming each day. Then proceed as follows:

8th day—Pour over the cucumbers one gallon boiling water.

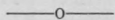
9th day—Drain, pour over 1 gallon of water plus 1 tablespoon powdered alum.

10th day—Drain and pour over 1 gallon of boiling water.

11th day—Drain, then pour over boiling hot, five pints vinegar and six cups sugar, one quarter cup celery seed and one ounce stick cinnamon.

12th, 13th and 14th days—Drain off this mixture, add one cup of sugar, bring to boil and pour over pickles. This adds three cups of sugar to original vinegar mixture.

*Mrs. G. E. Montgomery.*



## SWEET CUCUMBER OR MIXED PICKLES

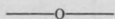
Half bushel small cucumbers, or cucumbers cut in small chunks, with small sections of cauliflower and small pickling onions if desired.

Pour over boiling hot, 1 cup salt to 1 gallon of water for 7 days in succession, making one new brine during that time. 8th day add a piece of alum the size of a walnut to a weak vinegar and pour over the pickles hot. Let stand 48 hours. For last vinegar, take enough good vinegar to cover, perhaps a little less than the amount of brine to cover and add 8 to 10 lbs. brown sugar, 3 cups mixed spices, 2 oz. of celery seed (put spices in a bag). pour over hot. A few pieces of horse radish added is nice.

In the process of making, for convenience, put pickles in a bag, easier to drain.

These pickles will keep two seasons in an open crock or jar.

*Mrs. Chas. V. Gibson.*



## YELLOW RELISH

6 large cucumbers.	3 large cored but unpeeled
2 or 3 green peppers.	apples.
1 cauliflower (fair).	4 onions.

Cut up and sprinkle with salt. Let stand overnight. Drain and put through coarse food chopper.

Make the following dressing:

1 cup flour.	1 tablespoon each of mustard
8 cups brown sugar.	seed, celery seed, tumeric.
3 pints vinegar.	$\frac{1}{2}$ tablespoon mustard.

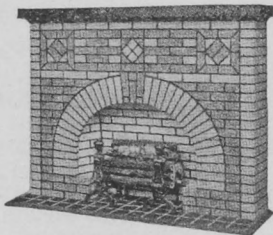
Boil until thick, add the vegetables and bring to a boil.

*Mrs. R. E. Keating.*

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# CANDY

## CANDY TEMPERATURES (Correct for Medicine Hat)

	C.	F.
Soft Ball Stage (Fudge or Fondant).....	111°C.	— 232°F.
(Maple Cream) .....	112°C.	— 234°F.
Firm Ball (Caramels).....	116°C.	— 241°F.
Hard Ball (Butterscotch, Toffee).....	126°C.	— 259°F.
Crack Stage .....	140°C.	— 284°F.
Hard Crack .....	146°C.	— 295°F.

*Miss Edythe Souch.*

## BUTTERSCOTCH TOFFEE

1 cup white sugar.                      1 tablespoon vinegar.  
1 cup Roger's Golden syrup.      2 tablespoons butter.

Boil together until hard ball stage. Cool slightly on buttered plate and pull, pull, pull.

*Mrs. Geo. Fisher.*

## MEXICAN ORANGE

3 cups granulated sugar.              1½ cups rich milk.  
Grated rind of 2 oranges.              Pinch of salt.  
½ cup butter.                              1 cup of walnuts.

Melt one cup of sugar in a heavy sauce pan, stirring carefully until it becomes a pale yellow. Add the scalded milk slowly and boil, stirring constantly until the sugar is dissolved. Add the remaining sugar. Stir until dissolved and boil to 238°F. or until soft ball stage. Add orange rind, salt, butter and nuts. Allow to cool a little and beat until creamy. Pour into a buttered pan.

*Miss S. M. Gordon.*

## CREAM CANDY

3 cups white sugar.                      1 cup Edwardsburg Corn syrup.  
1½ cups whipping cream.              Boil to 135°C.

Beat until crystallization takes place.

*Mrs. F. W. Gershaw.*

## CREAM TOFFEE

2 cups brown sugar.                      ½ lb. of butter.  
1 cup white sugar.                      1 cup corn syrup.  
1 can Reindeer milk.

Mix well together, stirring occasionally while cooking. Cook till it forms a hard ball when dropped in water. Usually from 35 to 40 minutes. Pour into buttered dish and mark in squares when cool enough.

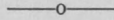
*Mrs. G. H. Davison.*

## COCOANUT LOAF

1 cup milk.	$\frac{1}{2}$ cup cocoanut.
$\frac{1}{2}$ cup nuts.	4 tablespoons butter.
2 cups white sugar.	1 lb. dates, chopped.

Boil milk, butter and sugar until it forms a soft ball in cold water. Add the dates. Cook until the mixture leaves the sides of the pan. Remove from fire, add nuts and cocoanut. Beat until it hardens. Then roll in a damp cloth.

*Miss M. W. Morrison.*

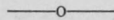


## BUTTER BRICKAL

1 cup butter.	$\frac{1}{4}$ lb. unblanched almonds.
$1\frac{1}{4}$ cups sugar.	1 teaspoon soda.
$\frac{1}{2}$ cup water.	$\frac{1}{4}$ lb. roasted blanched almonds.
$\frac{1}{4}$ cup corn syrup.	$\frac{1}{2}$ lb. walnuts.
1 teaspoon salt.	2 oz. sweetened chocolate.

Put butter, sugar, salt, water, syrup in saucepan. Stir till sugar dissolves. When mixture comes to boiling point add unblanched almonds. Cook to 295°F. Stir during latter part of cooking. Remove from fire and add soda, blanched almonds and half the walnuts. Pour on buttered sheet  $\frac{1}{4}$  inch thick. Spread the melted chocolate on top. On this spread the rest of the walnuts chopped finely.

*Miss Edythe Souch.*



## ITALIAN BOSTON CREAM

3 cups white sugar.	$1\frac{1}{2}$ cups light cream.
1 cup light corn syrup.	

Boil until it forms a soft ball when dropped in cold water. Remove from stove and let cool; then add a pinch of salt,  $\frac{1}{2}$  teaspoon vanilla. Whip until creamy and add  $\frac{1}{2}$  cup almonds and  $\frac{1}{2}$  cup cherries, red and green.

*Mrs. Fred Grant.*

# MEMORANDUM

## Weights and Measures

- 1 tablespoon of liquid equals  $\frac{1}{2}$  ounce.
- 2 cups of liquid equals 1 pint.
- 1 cup of milk equals 8 ounces.
- Juice of a lemon equals 1 tablespoon.
- 2 tablespoons of butter equals 1 ounce.
- Butter size of an egg equals 2 ounces.
- 1 cup of butter or lard equals  $\frac{1}{2}$  pound.
- 2 tablespoons of coffee equals 1 ounce.
- 4 cups of flour equals 1 quart or 1 pound.
- 1 cup of bread crumbs pressed down, 4 ounces.
- 2 cups of granulated sugar equals 1 pound or 1 pint.
- 1 cup of suet (chopped) equals 4 ounces.
- 1 cup of molasses equals 12 ounces.
- 1 cup of raisins equals 8 ounces.
- 1 cup brown sugar (heaped) equals  $\frac{1}{2}$  pound.
- 1 cup of walnuts equals 7 ounces.
- 1 cup egg whites or yolks equals  $\frac{1}{2}$  pound.
- 10 average sized eggs equal 1 pound.





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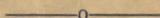
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